



# Instructions to Get Started

Contact the KidPower! Program at [KidPower@dhhs.state.nh.us](mailto:KidPower@dhhs.state.nh.us) to find out when the next KidPower! training will be held.

Speak to your school administrators to find out if there is support for the program. Explain that it is a 4-week program that gets kids to be more physically active. The cost per student is \$3.50.

Identify possible funding sources:

- PTO/PTA
- Grant Money
- School Budget (allocated for student enrichment activities)

Identify partners within your school and community. Ask them to attend the training with you.

Review the Readiness Assessment Document for more guidance.



## KidPower! Readiness Assessment

Are you ready for KidPower!?    Questions to ask yourself:

1. Do you have support of the school administration?
2. Does the administration know that the intervention is being considered?
3. Will the administration support this initiative?
  - 3a. Will they need to approve of the costs?
  - 3b. Will they support the dedication of staff time, the materials, and other items as needed?
4. Do other school staff know about KidPower! and support your interest in participating?
5. Will the program be voluntary or mandatory (for teachers and students)?
6. Are you at the school full time to be a resource for the school during the intervention?
  - 6a. If no, is there an alternative person that staff and students can go to with questions or concerns?



Parents:

Our school is excited to be participating in the KidPower! program. KidPower! is designed to help children be more physically active. Beginning on \_\_\_\_\_ our students will be coming home from school wearing pedometers (step counters), which will be worn for four weeks. At school students will record their step counts or activity minutes in their KidPower! logbook. The first week of KidPower! is for students to find out how active they are.

- On \_\_\_\_\_ students will wear their pedometer home. Please help your child by reminding them to wear their pedometer each day.
- Students have been told that the pedometer can get broken if dropped or hit by something hard. If your child plays sports, or does other activities that could damage their pedometer, please remind them to take off their pedometer during those activities.
- For the next three weeks they will try to increase their physical activity a little each week. If your child asks to go for a walk after dinner, or asks to take a family bike ride, we encourage you to join them and be a role model for good health.
- On \_\_\_\_\_ students will finish the KidPower! program. All students that completed the four weeks will receive a certificate of completion.



What is a pedometer? A gadget that clips on to your waist and counts the number of steps that you walk.

Why should you wear a pedometer? By wearing a pedometer you will find out how many steps you are walking each day. Walking or being active each day is one of the best things you can do to keep your body healthy and strong.

How does the pedometer work? The numbers on the top of the pedometer show how many steps you walked. At times the display may appear blank, your pedometer is still working, the screen is in an energy saving mode, take a few steps and your step count will appear.

How does the pedometer get reset? Press the small button. **Only reset your pedometer after you have recorded your steps otherwise you will lose your step count.**

You should take off your pedometer when you do certain activities like swimming, during gym class, or if you play a sport that might cause the pedometer to get hit or broken. Your pedometer could break if it gets dropped, wet, or hit by something hard.



This logbook belongs to:

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## Welcome to KidPower!



Hi, I'm Max and I'm here to tell you about the KidPower! Pedometer Program.

A pedometer is a step counter that clips on your waistband and counts the number of steps you take every day. You will be keeping track of your pedometer steps for the next four weeks.

Put your pedometer on first thing in the morning and wear it until bedtime. Your pedometer could break if it gets wet, dropped, or gets hit by something hard. If you play sports or go swimming take off your pedometer and record your minutes of activity instead. Then use pages 10 and 11 to convert those activity minutes into steps.

For the first week you will write down your steps every day to find out how active you are. At the end of the week you will calculate your average daily steps. Look on pages 10 and 11 for instructions about how to do this.

After the first week try to add more steps each day. This logbook has tips to help you get started and stay on track.

Good luck and have fun!

Max

## How to fill out your KidPower! logbook

<b>EXAMPLE</b>	<b>Activity Minutes</b>	
	<b>Daily Steps</b>	<b>(see page 12)</b>
Monday	2,150	
Tuesday	3,334	
Wednesday	3,292	
Thursday	3,004	
Friday	2,650	
Saturday	3,548	
Sunday	3,275	

Total Steps: 21,253      Average Daily Steps: 3,036

Average Daily Steps = Total weekly steps divided by the number of days you wore your pedometer.

$$21,253 \div 7 = 3,036$$



## Week One Walking Tips

It is always safer to walk with friends. When walking alone, make sure you have permission to walk and that an adult

knows where you are going on your walk.

If you are on a road with no sidewalks, walk facing traffic, as far to the left as possible. This will make you more visible to oncoming traffic.

Cross streets at the corner, at traffic signals or crosswalks. Stop at the curb or the edge of the road before crossing the street.

Look LEFT, RIGHT, and LEFT for cars, before crossing the street, even when crossing at a light or a crosswalk. Keep looking for cars while you are crossing the street because cars that are turning or backing up may not see you.

If you are walking at sunset, use a flashlight. Wear light colored clothing so that cars can see you. Wear sneakers or other clothes with reflective materials on them (some backpacks and wind pants have reflective materials on them too).



## Week One

	Daily Steps	Activity Minutes (see page 12)
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Total Steps: \_\_\_\_\_

Average Daily Steps: \_\_\_\_\_

## Week Two

### Staying Active



Staying active means spending less time sitting, watching TV, playing video games, and using the computer.

You don't have to play sports or like exercise to be active. Here are some things you can do instead:

- Rollerblading or skateboarding (with a helmet on)
- Snowshoeing
- Stretching or yoga
- Hiking or walking on trails (with permission from your parents)
- Frisbee or hacky sack

Ideas that parents like:

- Mop floors
- Vacuum
- Do laundry
- Vacuum
- Weed the garden



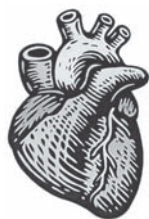
- Rake leaves
- Shovel snow
- Wash the car

## Week Two

	Daily Steps	Activity Minutes (see page 12)
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Total Steps: \_\_\_\_\_

Average Daily Steps: \_\_\_\_\_



## Week Three

### Heart Healthy Living

The heart is a muscle that sends blood around the body to deliver oxygen and nutrients. Your heart acts like a pump, actually two pumps in one. The right side of the heart receives blood from the body and pumps it to the lungs. The left side does the opposite; it receives blood from the lungs and pumps it out to the body.

When you hear your heart beat, you are hearing the pumping of your heart. The sound is made when the heart muscle contracts or squeezes to push blood into blood vessels, which are like pipes that send blood throughout the body.

Your heart muscle needs exercise, too. Walking, running, and swimming are great exercises to keep your heart in shape. Eating a variety of foods and avoiding high-fat foods are important to keep your heart healthy.

Being more active is good for your body. If you have asthma, diabetes or another health condition, you can still be active. Talk with your parents and doctor to find the best way for you to be active. Take care of your heart and it will take care of you!

## Week Three

	Daily Steps	Activity Minutes (see page 12)
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Total Steps: \_\_\_\_\_

Average Daily Steps: \_\_\_\_\_



## Week Four Biking Rules!

Instead of traveling short distances by car, consider getting there by bicycle instead! It is a fast way to travel that is good for your body, and you won't need to depend on your parents for rides.

**Always wear a helmet - it's the law!** Every cyclist under the age of 16 must wear a helmet in NH. To see if your helmet fits properly, check out this web page: <http://www.supercyclist.org/tsc/tshelmet.html>

**Ride with traffic.** A bicycle is a vehicle and must be ridden on the right side of the street in the same direction as traffic. Bicycles have the right to be on most roads except interstate and limited access highways.

**Ride single-file.** If you are riding with friends don't ride next to each other. This makes it harder for cars to safely pass you.

**Observe traffic signs.** You must stop at stop signs, yield at yield signs, follow traffic lights, etc. This will keep you safe and help to avoid injury.

**Bring water and healthy snacks for long rides.** Take water and snack breaks while riding. Biking burns a lot of calories and you'll need snacks for energy. For more information about NH biking go to: [www.nhbikeped.com](http://www.nhbikeped.com).

## Week Four

	Daily Steps	Activity Minutes (see page 12)
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Total Steps: \_\_\_\_\_

Average Daily Steps: \_\_\_\_\_

## Converting Activities Into Steps

You can convert activities into pedometer steps by using the chart below. There is an example on page 11 to guide you.

<b><u>Activity</u></b>	<b><u>Steps Per Minute</u></b>
Backpacking (hiking with a backpack on)	156
Badminton	100
Baseball	111
Basketball, competitive game	178
Basketball, recreational	133
Bicycling, easy pace/10 mph	133
Bicycling, fast /15 mph	222
Bicycling, moderate/ 13 mph	178
Cross country skiing	178
Dancing	100
Downhill skiing	175
Fast Walking	100
Football	189
Frisbee®	67
Gymnastics	89
Housecleaning	78
Ice Hockey	178
Ice Skating	122
Jogging, slow running	156
Judo/Karate/Tae Kwan Do	222
Jumping Rope, fast	244
Jumping Rope, slow	178



<b>Activity</b>	<b><u>Steps Per Minute</u></b>
Light weight lifting	67
Rollerblading	156
Running, moderate	222
Running, very fast/8 minute mile	278
Sledding	170
Snow shoveling	133
Snowboarding	165
Snowshoeing	178
Soccer, competitive	222
Soccer, recreational	156
Softball	111
Swimming, competitive	222
Tennis, doubles	133
Tennis, singles	178
Volleyball	89
Washing a car	100
Water-skiing	133
Weight lifting, vigorous	133
Yard work, raking	111
Yoga	89

**Example** of converting 30 minutes of basketball into steps: 30 minutes of recreational basketball:  
 30 minutes x 133 steps per minute (30 x 133) = 3,990 steps

**Average Daily Steps =**  
 Total weekly steps divided by the number of days you wore your pedometer.

### **What to do if you've lost your pedometer:**

1. Ask a teacher or your parents if you can buy another pedometer.
2. If you can't get another pedometer, write down your activity minutes in the column next to the pedometer steps.
3. Add up your weekly activity minutes and divide by the number of days you recorded your activity. This number is equal to your daily minutes of activity. Try to increase your daily activity minutes by 5-10 minutes a day, on at least 5 days per week.

### **How to record activities when you can't wear your pedometer:**

1. Record the activity and how many minutes you were active, in the Activity Minutes column.
2. Use the chart on pages 10 and 11 to find the steps per minute for your activity.
3. Follow the instructions on page 11 to convert the activity minutes into steps. Add the step amounts to your daily steps for the day.
4. If you have questions, ask your teacher.

## Good Job!



You did it; you stuck with four weeks of writing all your daily steps in this log.

Be proud of yourself for staying on track, learning about being active, and for taking good care of your body.

I hope that you liked doing KidPower! and that you will stay active by walking, running, biking, swimming, dancing, skateboarding, jump roping, or what ever active things you like to do!



Max

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**Diabetes**  
*Education Program*

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8/05



### **Week One**

This week your child will be starting the Kid Power! Pedometer program. The week one goal of the program is to find out how active your child is. To do this we need your help. Listed below are the ways you can help your child this week.

- Make sure your child puts their pedometer on each morning before they go to school.
- The pedometer can get broken if it gets dropped or hit by something hard. If your child plays sports, or does other activities that could damage their pedometer, please remind them to take off their pedometer during those activities.
- Encourage your child to wear their pedometer on the weekends and record their activity steps for Saturday and Sunday. They can add these numbers to their logbooks when they get back to school on Monday.



## **Week Two**

This week your child will be trying to be more active than last week. Your child will need reminders to wear their pedometer each day. They also may need support in being more active. Here are some easy ways to add activity into their day.

### **Do Something Active As A Family**

- Try taking a walk as a family this week. Walking with your child is a great way to spend time talking, listening, and being together.

### **Replace "Screen Time" with Activity Time.**

- Children should aim for 2 hours (total) or less per day of TV, computer, and video games. There are lots of things you can do to replace "screen time" with activity time.
  - Have your child read instead of watching TV.
  - Turn off the TV during dinner.
  - Have your children help set the table, wash, and dry dishes.
  - Have a family game night. Board games get the family together without the distraction of TV.

### **Remember to Praise Your Child**

- Let them know they are doing a great job being more active.
- Reward good efforts by trying a new game, sport, going to a different park or exploring a new trail.
- Avoid using food as a reward.



### **Week Three**

This week your child will be trying to be more active than week 2. Your child will still need reminders to wear their pedometer every day. They may need ideas about how to be more active or might be getting bored with the activities they have been doing. Activity might make your house more noisy or hectic. Remember that your child is getting the activity they need. Try to be patient and support your child to be active.

### **Make activity part of your family routine!**

- Here are some other ways to be active:
  - Turn on the music and dance.
  - Go roller-skating or roller-blading.
  - Go for longer walks.
  - Encourage your child to spend more time outdoors.
  - Find out if your library has museum passes. The passes may cover the entrance fee or give a discount on the fee.
  - Ask for help with housework. Vacuuming, sweeping, washing floors, all count as physical activity and will help them get more steps into their day.
  - Wash and vacuum the family cars.

### **Remember to Praise Your Child**

- Let them know you are proud of their efforts.
- Thank them if they have helped you become more active.
- Be patient with your child if they don't like being more active, habits take time to develop.
- Praise your child for being more active. Adults need at least 30 minutes of activity most days of the week. Let your child know if they have helped you become more active.



### **Week Four**

This is the last week of the KidPower! Pedometer program! Hopefully you and your child have become more active over the past 3 weeks. Your child may still need reminders to wear the pedometer each day. Depending on your child's personality, they may be bored and need a new challenge, they may have found it easy to become more active each day, or they may need reminders to keep active.

### **Balancing Activity and Sedentary Time**

- Being more active is important for your child's health.
  - Spending less time being sedentary (or sitting at the TV, computer and video game system) has been proven to help kids be more active.
  - Reading a book or working on a jigsaw puzzle burns more calories than watching TV!
  - TV watching exposes children to commercials for unhealthy foods and many families snack while watching TV. This has the effect of adding extra calories while sitting and burning few calories.

### **Being More Active**

- What does this mean?
  - Finding ways to sneak activity into your day like quick walks after dinner.
  - Walking with your child to a bus stop that is further away.
  - Walking your child to school.
  - Parking the car further away and walking to the store, playing field, post office, etc.

### **Remember to Praise Your Child and Yourself**

- Congratulate your child and yourself if you have been more active in the past four weeks.
- Let your child know you are also trying to make changes and that they have helped you be more active.